

A N N U A L N A R R A T I V E R E P O R T

\* \* \* \* \*

December 1, 1953

to

November 30, 1954

\* \* \* \* \*

by

Lucinda E. Hughes

Home Demonstration Agent

Agricultural Extension Service

COCONINO COUNTY

ARIZONA

\* \* \* \* \*

## TABLE OF CONTENTS

	Page
I. PREFACE . . . . .	1
II. COUNTY ORGANIZATION OF HOME DEMONSTRATION WORK . . . . .	2
III. HIGHLIGHTS . . . . .	3
IV. ORGANIZATION AND PLANNING . . . . .	%
A. Program Planning . . . . .	5
B. Program Planning Meeting for 1955 . . . . .	7
C. Leader Programs - 1954. . . . .	10
D. Agent's Program - 1954. . . . .	12
E. Coconino County Fair. . . . .	12
F. State College . . . . .	13
G. Community Service . . . . .	13
H. Country Life Conference . . . . .	13
V. CLOTHING & TEXTILES. . . . .	15
A. Leader Training Meetings for Community Clothing Leaders	15
B. 4-H Clothing Leaders on Simple Sewing Techniques.	15
C. Sewing Machine Clinic . . . . .	17
D. Mending Made Easier . . . . .	17
E. Miracle Fabrics, Their Characteristics and Care..	18
VI. HOUSE FURNISHINGS AND HOME MANAGEMENT	
A. Window Treatments . . . . .	20
B. Drapery Making. . . . .	21
VII. NUTRITION	
A. Food Selection & Preparation . . . . .	23
a) Broiler & One Dish Meals . . . . .	23
b) High Altitude Cake Baking . . . . .	26
c) Bread Making . . . . .	27
B. Food Preservation . . . . .	27
a) Canning. . . . .	27
b) Freezing. . . . .	28
VIII. HEALTH AND SAFETY . . . . .	29
A. Early Recognition of Disease and Simple Home Remedies	29
B. Mental Health . . . . .	30
C. Chest X-Ray. . . . .	31
D. Cancer. . . . .	31
E. Crippled Children - Polio . . . . .	31
IX. RECREATION AND COMMUNITY LIFE. . . . .	32

## TABLE OF CONTENTS (Cont'd)

	Page
X. EXTENSION INFORMATION	
A. Newspapers . . . . .	33
B. Bulletins and Mimeographs . . . . .	33
C. Photographic . . . . .	33
D. Visual Aids . . . . .	33
E. Radio . . . . .	33
XI. MISCELLANEOUS	
A. County Fair . . . . .	34
B. Out of County Fairs . . . . .	34
XII. OUTLOOK AND RECOMMENDATIONS . . . . .	35

### BULLETINS ATTACHED

# 1 BI-COUNTY PROGRAM PLANNING MEETING . . . . .	7
# 2 HOME DEMONSTRATION PROGRAM PLANNING DAY . . . . .	7
# 3 REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING. . . . .	10
# 4 BROILER AND ONE DISH MEALS. . . . .	23
# 5 YEAST BREADS & ROLLS. . . . .	27

## I. PREFACE

The following narrative report is a summary of the Agent's activities in Coconino County for the year 1953-54. A total of 73 days was spent in Coconino County this year; 36 days were devoted to adult work and 37 days were devoted to 4-H Club Work..

I wish to take this opportunity to thank all National, State, And County Extension workers who have given their most valuable time and assistance this year.

## II. COUNTY ORGANIZATION OF HOME DEMONSTRATION WORK

County	Number of Communities Carrying Adult Work	Homemaker Clubs		L.D.S.* Groups		Farm Bureau		Other		L-H
		No.	Enrollment	No.	Enrollment	No.	Enrollment	No.	Enrollment	
Apache										
Cochise										
Cochitao	7	2	100	2	50	2	50	3	50	5 100
Chis									(Indian)	
Graham										
Greenlee										
Maricopa										
Navajo										
Pima										
Pinal										
Santa Cruz										
Yavapai										
Yuma										
TOTALS										

\*Latter Day Saints Relief Societies.  
 \*\*Includes U.S. Indian Service and LDS Relief Societies which coopers' s.

### III. HIGHLIGHTS

Fifteen Coconino County women attended the Annual Bi-County Program Planning Meeting held at Cottonwood this year. The Bridgeport Homemakers served as hostesses this year.

Two outstanding successes occurred at the 1955 Program Planning Meeting: One, the recognition and stating of the aim, "Happiness Through Family Unity". Two, the general discussion on the question, "What we as Homemaker's Club Members can do to improve our Club?". The discussion in both cases showed that the women were sincerely interested and eager to help the youth of their communities by:

1. Encouraging through diplomatic channels, family recreation, activities and hobbies.
2. Making it possible for young homemakers to attend and participate in Homemaker's Club Meetings.

The Home Demonstration Program for 1954 was well planned by the women and well participated in by them. Probably the most interesting problem worked on this year was nutrition. Specifically, the nutrition project was:

1. Preplanning and economy
2. Broiler and one-dish meals
3. Nutritive value of foods with emphasis on protein.

Other projects for the 1954 year were:

#### A. Health

1. Early recognition of disease and simple home nursing.
2. Mental Health Clinic  
Organization and initial public meetings, talks, and counseling.

#### B. Clothing and Textiles

1. Special Leader Training Meeting on simple sewing.
2. Sewing machine clinics
3. Mending and simple repair
4. New types fabrics - miracle fabrics.

### III. HIGHLIGHTS (continued)

#### C. Home Furnishings & Home Management

1. Window treatments  
Problem windows and doors
2. Drapery making

#### D. Nutrition

1. High altitude cake making
2. Food preservation

#### E. Recreation

1. Program Planning Meeting (a portion of this)
2. Verde Valley Family Picnic held at Sedona

Three women from Coconino County attended the Country Life Conference held at Tucson this year. More would have liked to attend but they were afraid of the June heat. Also many homemakers in this County have the problem of gardens and fruit preservation to consider. Naturally, the family food supply for the coming winter takes precedence over all other activities. Those women who did attend Country Life Conference, however, came home to their group enthused and thrilled with what they had seen and learned at Tucson.

#### IV. ORGANIZATION AND PLANNING

A well-rounded program in Home Economics and Health planned by the women in cooperation with the Home Demonstration Agent is the aim of this Agent. Unless the women have a voice in planning the Home Demonstration Program they will not give their whole-hearted support to that program. The Agent also feels that Home Demonstration work must be kept on a high educational level. That is, it should not include too much crafts nor become too involved in local politics. For example, in localities where there is an active P. T. A., the Homemakers Club should not try to assume the responsibilities of the P.T.A. This does not mean that Homemaker's Clubs should not willingly cooperate with all other groups in the areas as well as county, state and national but they should not try to assume too much responsibility.

Homemakers have been most cooperative in their program planning. In most cases they are willing to accept recommendations from the Agent and, as they say, "go along" with any specific phase which she may suggest.

##### A. Program-Planning

Program planning encompasses a wide range of endeavor, from bi-county-wide program-planning to individual club, community and project planning. Theoretically, each county does its program planning in the fall for the coming year. However, club officers, project leaders and club members are encouraged to be planning all year for the projects which they feel should be done during the next year.

The aims of Program-Planning are:

1. To arrive at a county-wide Home Demonstration Plan of work which meets the needs of the largest possible number of people.
2. To plan so that every one feels that their problems are at least being worked on if not completely solved.
3. To teach the value of planning.
4. To develop leadership by bringing women together and encouraging them to express not only their own individual problems but their communities' problems.

There are many ways of planning a county Home Demonstration program. The method used by this Agent is for:

1. The women of the community, club or organization submit their problems or desires for the county program to their groups.



#### IV. ORGANIZATION AND PLANNING

##### A. Program-Planning (continued)

2. Each organization or club sends four representatives to the bi-county planning meeting held each fall.
3. Representatives from each group meet at the bi-county program planning meeting to discuss and unify their Home Economics and health problems.
4. Discussion groups (Clothing, Foods, Home Management, Health) recommend to the Agent and the Meeting as a whole their recommendations for project work for the coming year.

Each representative comes to the bi-county program planning meeting more or less instructed as to what her group feels is important for the Home Demonstration Program of the coming year. Each group, for example foods, may recommend as many as 4 or 5 problems for immediate action. Depending upon the scope of the problem 1 - 3 in each field may finally wind up on the bi-county program. Two factors have to be taken into consideration in planning the program. They are as this Agent sees them:

1. The women's time and abilities.
2. The Agent's time.

A tremendous effort is made by all Extension Personnel to meet the women's needs and to have a well-rounded Home Economics and health program.

The values of bi-county program planning meetings are:

1. The women have an opportunity to express their own community problems. In this way they actually do plan their own Home Demonstration program.
2. The women have an opportunity to meet and come to know other rural women of both counties. Perhaps one of the greatest advantages is that through informal talking together they come to realize that their own particular problems are not unique, that other groups and individuals have the same problems. It is always less difficult "to suffer together than separately".
3. The women come to realize the time limitations of the Home Demonstration Agent and that it is not humanly possible for her to do everything they may want and need that year. They assist in selecting the most pressing problems for immediate action.

#### IV. ORGANIZATION AND PLANNING (continued)

##### B. 1954 Program Planning Meeting for 1955 Program

This year the Program Planning Meeting was held in Cottonwood on September 28, 1954 with 15 Coconino County Women attending. In past years, the planning days has included outside speakers on Economics, Public Health, Women's Part in Agriculture and other related subjects. This year the women requested that we have no outside speakers, that they be given the entire day for their group discussions. The women also requested that we have a general group discussion on the question, "What we as Homemaker Club Members can do to improve our Clubs?"

The Agent feels that this year (1954) Program Planning for the 1955 Home Demonstration Program was most successful. Techniques followed were:

1. All Clubs and groups were sent a letter announcing the Program Planning date and objective. Clubs were also furnished a list of the unsolved problems from last year's recommendations. (Copy attached)
2. All clubs were asked to be prepared to discuss on the question "What we as Homemaker Club Members can do to improve our Club?"
3. All clubs were asked to send four official delegates and as many others as wished to attend.
4. Discussion group chairmen were furnished with material on trends in their particular fields. They were not given specific topics for selection. The aim of the Program Planning Meeting is for women to present problems not solutions. We do not feel that selection from a list of special topics, such as "mending made easier," "Eating for health in later life," etc., would accomplish the aim of program planning. Each year the women grow "a little bit" and show improvement in their abilities to recognize problems. This type of program planning problem recognition helps the women to grow in their leadership activities.

This year (1954) the Agent feels that the Homemakers did an excellent job at their Program Planning Meeting. (Program for the day attached). After very brief introductory opening ceremonies the Agent through the use of the flannel graph discussed the aims and accomplishments of the 1954 Home Demonstration Program. She endeavored to show how each project and phase of the Bi-County-Wide Program contributed to the aims of the 1954 program were:

1. To prepare economical, well-balanced meals.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
P. O. BOX 388  
PRESCOTT

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

September 8, 1954

Dear President:

The Bi-County Program Planning meeting will be held at the Civic Club House, Cottonwood, September 28th. The Bridgeport Homemakers will be the Hostess this year.

Please have your Foods, Clothing, Home Management and Health Chairmen or their representatives attend this meeting as official delegates. All other club members and friends are invited to attend. Please fill out and return the attached reservation sheet to me not later than September 22, 1954.

Find enclosed a copy of the 1953 and the 1954 County Home Demonstration programs. Most of you probably have this knowledge at your finger tips but perhaps a quick resume may help you plan for 1955.

Problems which were discussed last year but were not included in the 1954 program were:

1. Home Management:
  - a. Can the homemaker's bank roll be stretched by good management.
  - b. Safety in the home - electricity.
  - c. Hobby craft - metal.
2. Health:
  - a. First aid in home accidents  
Sprains - broken bones - bruises  
Civil Defense - poisoning
3. Nutrition:
  - a. How to prepare quick meals.
  - b. Outdoor cookery.
  - c. Scientific knowledge of nutrition. (Continuing)

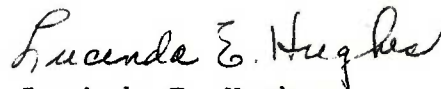
4. Clothing:

- a. Simple sewing  
Remodeling  
Decorative finishing techniques
- b. Storage of furs -  
Prevention of moth ball odor
- c. Fitting of clothing.

The latter portion of our day's program will be concerned with a general discussion by all those present of "what we as Homemaker Club members can do to improve our clubs."

Remember, each group should be represented by at least four women (one for each discussion group) at our bi-county program planning in Cottonwood, September 28th.

Sincerely yours,



Lucinda E. Hughes  
HOME DEMONSTRATION AGENT

LEH:P  
Encs.

50 c.

SUBJECT: Bi-County Program Planning  
PLACE: Civic Club - Cottonwood  
DATE: Tuesday, September 28th, 1954  
TIME: 10 A. M. to 3 P. M.

HOME DEMONSTRATION PROGRAM PLANNING DAY  
Yavapai and Coconino Counties  
September 28, 1954 - Cottonwood

\*\*\*\*\*

9:45-10:10     REGISTRATION

10:10-10:15     General Assembly  
Meeting called to order  
Lucinda E. Hughes

10:15-10:20     Welcome  
Mrs. A. J. (Georgia) Stadelman  
President Bridgeport Homemakers

10:20-10:30     Group Singing  
Mrs. Nancy Smith  
Song Leader Sedona Homemakers

10:30-10:45     Program Planning, Aims and Achievements  
Lucinda E. Hughes

10:50-12:00     Discussion Group Meetings  
Clothing             - Mrs. Paul Roberts  
Nutrition            - Mrs. Marie Smith  
Home Management - Mrs. Ray Stenhouse  
Health               - Mrs. H. F. Hennigan

12:00-1:15     LUNCHEON  
Toastmistress - Mrs. T. M. Knoles

1:15-1:45     Reassemble into Discussion groups

1:45-3:00     General Assembly

1. Reading and discussion of project  
discussion group recommendations.

2. "What we as Homemaker club members  
can do to improve our Club."

3:00           HOMEWARD BOUND

Hostess Club - Bridgeport Homemakers



## PROGRAM PLANNING COMMITTEE AIMS FOR 1954

### RECOMMENDED:

1. To prepare economical, well balanced meals.
2. To eat for health, beauty and enjoyment.
3. Better management of sickness and accidents in the home.
4. To prepare ourselves for emergencies in the home or community (civil defense).
5. To increase our efficiency for more happiness in the home.

### PROGRESS:

- 1-2. The April, May and June nutrition meetings contributed markedly to improved nutrition throughout the county. Improved nutrition necessarily means health, beauty and enjoyment of life.
- 3-4. The health lectures given by the Public Health nurse to all groups was a good beginning for homemakers in the management of sickness in the home. Knowing and practicing simple home treatment for sickness will give increased efficiency during any emergency.
5. Efficiency in clothing selection and care; home decoration; selection and care of equipment; efficient use of equipment; and improved nutrition all contribute to happiness in the home.

Home Demonstration

Program Planning

Coconino

and

Yavapai

Counties

Co-operative extension work in  
agriculture and home economics,  
the University of Arizona  
College of Agriculture and the  
U. S. Department of Agriculture  
co-operating.

September, 1954  
150 c.

Civic Club House  
Cottonwood, Arizona  
September 28, 1954

#### IV. ORGANIZATION AND PLANNING (continued)

##### B. 1954 Program Planning Meeting (continued)

2. To eat for health, beauty and enjoyment.
3. Better management of sickness and accidents in the home.
4. To prepare ourselves for emergencies in the home or community (civil defense).
5. To increase our efficiency for more happiness in the home.

The discussion chairmen did an unusually good job this year in directing the selection of aims and problems. The aim, selected by the Home Management group, "Happiness through Family Unity," was outstanding. These women are endeavoring to find common meeting ground and leisure time activity suited to the family as a unit. Their feeling seemed to be, and rightly so the Agent believes, that if "Dad" and "Mom" and the children were jointly interested in some hobby or home activity that we would have no juvenile problems. Their discussion and reasons for their project recommendations showed clearly that they sincerely felt that a "good" home life solves most problems.

The discussion question, "What we as Homemakers Club Members can do to improve our Club?", stimulated a great deal of discussion. Many worthwhile suggestions were offered. It also served to remind all Homemakers of their responsibility towards young mothers and non-club members. It is hoped by the Agent that Homemakers will make a determined effort to follow some of the recommendations given by the group. The Agent feels sure that old members are going to make the effort to increase active homemaker participation in Homemaker Clubs.

Aims or goals recommended by the discussion groups and accepted by the group as a whole were:

For 1955 -

1. Happiness through family unity.
2. Finish what we start.
3. Increase the efficiency of the homemaker in:
  - a. Health management
  - b. Serving of economical meals
  - c. Clothing selection, management and construction.
  - d. Growth and use of herbs.
  - e. Use of kitchen equipment



#### IV. ORGANIZATION AND PLANNING

##### B. 1954 Program Planning Meeting (continued)

Recommendations of the various groups for project work and study in 1955 were:

1. Clothing
  - a. Remodeling, coats, dresses, blouses, etc.,  
Finishing techniques, mitered corners.
  - b. Basic foundation pattern.
  - c. Simple sewing.
  - d. Tailoring.
  - e. Fabrics.-Pressing new materials, stain  
removal, dyeing.
  - f. Shoes, health, comfort, style.
2. Nutrition
  - a. Bread making - (specialty breads)
  - b. Cultivation and use of herbs.  
One dish meals  
Vitamin emphasis
  - c. Outdoor Cooking
  - d. New freezing material
3. Home management
  - a. Family unity - projects of interest, to all  
age levels.  
Flower arrangements  
Metal craft  
Rug Making  
Gift wrapping and making
  - b. Upholstery and wood finishing
  - c. Modern banking as applied to individuals,  
wills, etc.
4. Health
  - a. Knowledge for simple home nursing.
  - b. Knowledge for home emergency.
  - c. More knowledge of Mental health.
  - d. Pest control
  - e. Care of children at meetings.

#### IV. ORGANIZATION AND PLANNING

##### B. 1954 Program Planning Meeting (continued)

The last half of the hour of the bi-county program planning meeting was devoted to a general discussion of the question: "What we as Homemaker Club Members can do to improve our clubs?" Suggestions offered were:

1. Make everyone welcome.
2. Make provision for care of children at meetings.
  - a. Have mothers alternate in caring for all children.
  - b. Have picnic party meeting for young children.
  - c. Arrange with home economics class at school to care for children.
  - d. Arrange for community baby sitter to be paid either by club or pro-rated by mothers of children being cared for.
  - e. Organize young mothers' Homemaker Clubs.
3. Increase membership by:
  - a. Add more members that are new to the community.
  - b. More active members.
  - c. Better meeting places, more interest usually in meetings in the homes of members.

A mimeographed report of the bi-county program planning meeting was sent to each woman attending the meeting and to all club presidents throughout both counties. (Copy attached). This report served as a reiteration of the topics discussed at the planning meeting as well as giving the presidents a tentative idea of what the final 1955 Home Demonstration Program would be.

One of the advantages of publishing the meeting report soon after the bi-county program planning meeting is that all those attending are made doubly conscious of the part which they and their community played in planning that program. They realize that in most cases their recommendations for the county program are actually being followed.

##### C. Leader Programs - 1954

This year three subjects were carried by trained local leaders. They were:

1. Drapery making
  - a. Principals of drapery making
  - b. Construction techniques.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
P. O. BOX 388  
PRESCOTT

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

October 14, 1954

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The sixth annual Yavapai and Coconino Counties Home Demonstration Program Planning day was held at the Civic Club House, Cottonwood, Arizona, from 10:00 a.m. to 3:00 p.m. on September 28, 1954. Thirty-five county representatives of homemakers' clubs, and two Extension staff were present.

The Program Planning meeting was called to order at 10:15 a.m. by Lucinda E. Hughes, Home Demonstration Agent for both counties.

Mrs. A. J. (Georgia) Stadelman, president of the Bridgeport Homemakers club gave a brief welcome on behalf of her club. Mrs. Nancy Smith, Sedona, led the group in songs. Miss Hughes briefly surveyed the aims and accomplishments of the 1954 adult Home Demonstration program.

A delightful luncheon was served by the Bridgeport Homemakers Club. Mrs. T. M. (Eula) Knoles was toastmistress. Miss Jean Stewart, State Home Demonstration Leader, gave a talk on program planning and explained the compiling of the song book "Arizona Sings".

Discussion groups met from 10:50 a.m. to 12 noon and again from 1:15 to 1:45 p.m. This longer, broken discussion period gave the women an opportunity to really discuss and plan what their groups want and need from the Home Demonstration Agent and the Home Demonstration program.

Discussion Chairmen were:

Clothing-	Mrs. Paul Roberts
Nutrition-	Mrs. Marie Smith
Home Management-	Mrs. Ray Stenhouse
Health-	Mrs. Doris Marvin

aims or goals recommended by the discussion groups  
were:

1. Happiness through family unity.
2. Finish what we start.
3. Increase the efficiency of the homemaker in:
  - a. Health management.
  - b. Clothing selection, management and construction.
  - c. Use of kitchen equipment.
  - d. Serving of economical meals.
  - e. Growth and use of herbs.

Recommendations of the various groups for project work and study in 1955 were:

1. Clothing
  - a. Remodeling  
Coats, dresses, blouses, etc.  
Finishing techniques, mitered corners.
  - b. Basic foundation pattern.
  - c. Simple sewing.
  - d. Tailoring.
  - e. Fabrics.  
Pressing new materials, stain removal, dyeing.
  - f. Shoes, health, comfort, style.
2. Nutrition
  - a. Bread making-(specialty breads)
  - b. Cultivation and use of herbs.  
One dish meals  
Vitamin emphasis
  - c. Outdoor Cooking
  - d. New freezing material
3. Homemangement
  - a. Family unity- projects of interest, to all age levels.  
Flower arrangements  
Metal craft  
Rug Making  
Gift wrapping and making
  - b. Upholstery and wood finishing
  - c. Modern Banking as applied to individuals, wills, etc.
4. Health
  - a. Knowledge for simple home nursing
  - b. Knowledge for home emergency
  - c. More knowledge of Mental health.
  - d. Pest control
  - e. Care of children at meetings

The last half of the hour of the bi-county program planning meeting was devoted to a general discussion of the question: "What we as homemaker club members can do to improve our clubs?" Suggestions offered were:

1. Make everyone welcome
2. Make provision for care of children at meetings
  - a. Have mothers alternate in caring for all children.
  - b. Have picnic party meeting for young children.
  - c. Arrange with home economics class at school to care for children.
  - d. Arrange for community baby sitter to be paid either by club or pro-rated by mothers of children being cared for.
  - e. Organize young mothers' homemaker clubs.
3. Increase membership by:
  - a. Add more members that are new
  - b. More active members
  - c. Better meeting places, more interest usually in meetings in the homes of members.

I sincerely hope that each club will endeavor to increase their active club membership especially of young mothers in 1955.

I hope that this report covers all phrases of the meeting and that the enclosed proposed plan of work for 1955 will be satisfactory to all concerned.

Sincerely yours,

*Lucinda E. Hughes*  
Lucinda E. Hughes  
HOME DEMONSTRATION AGENT

Proposed plan of action to answer this year's problems. Home Demonstration Program for 1955. (This is tentative and will have to be okayed by the State office).

January	-	Health Simple Home nursing techniques	Agent & Nurse
February	-	Home Management	Agent
March	-	Wood Finishing Upholstery	Leader Spec. Advise
April	-	Nutrition	Agent
May	-	Cultivation and use of herbs One dish meals Emphasis on vitamins	Harvey Tate & Leaders Spec. Advise
June	-	Clothing Basic Foundation pattern	Agent
July	-	Crafts	Community Leader
August		Flower arrangements	" "
		Mental Health lecture	Health Leader & Dr.
		Pest Control	Arrange with Agent
		Modern banking	" " "
		Freezing	" " "
		Outdoor cooking	" " "
September	-	Nutrition Specialty Breads	Leader
October	-	Clothing Remodeling- coats, dresses, suits, etc. Finishing techniques	Agent
November	-	Crafts Gifts and gift wrappings Flower arrangements, etc.	Community Leader " " " "
December	-	Party	" "

#### IV. ORGANIZATION AND PLANNING

##### C. Leader Programs - 1954 (continued)

2. Broiler and one dish meals
  - a. Broiling of chicken
  - b. Broiling of steak
  - c. Broiling of frosted cake squares & deserts
  - d. Short method of dry bean cookery
  - e. Deep well cookery or slow cooking of less tender meats.
  - f. Principals of meat cookery
3. Mending and simple repair
  - a. Simple mending
    - (1) Levi patch
    - (2) Machine mending
    - (3) Glue patch
    - (4) Special adhesive patches
  - b. Money saving mending of expensive garments.
    - (1) Inset patch
    - (2) Reweaving patch

Clubs carried 4 months of their own programs in addition to their leader meetings. The projects which were covered in these "purely local meetings" were in many cases recommended on a county-wide basis but no agent assistance was given unless specifically requested. All arrangements were left to the president and her committees. This procedure is followed by the Agent because:

1. It develops responsibility and a sense of achievement on the part of the club president and her committee members.
2. It lets club members and communities realize that they can function without the Agent's presence or assistance.
3. It gives an opportunity for clubs to indulge in purely local problems or projects.
4. It makes everyone feel that the Club is their's not the Agent's.

Some of the local projects worked on this year by clubs were:

1. Weight control
2. Mental health
3. County Fair booths and exhibits
4. Christmas suggestions
  - a. Christmas gifts
  - b. Christmas wrappings



## IV. ORGANIZATION AND PLANNING

C. Leader Programs - 1954 (continued)

5. Club program planning and bi-county recommendations for the Home Demonstration program.
6. 4-H Club sponsorship
7. Christmas Party
8. Regional picnic (Verde district)

D. Agent's Program - 1954

The Agent met with the clubs 5 months this year. The projects covered were:

1. Health - early recognition of disease and simple home remedies. The County Nurse gave the lectures and demonstrations but the Agent attended club meetings with her.
2. Home Management - window treatment. Here the emphasis was on problem windows and doors.
3. Nutrition - pre-planning and economy in meals. Broiler and one dish meals, nutritive value of foods. This year the protein value of foods was emphasized. (2 months)
4. Clothing and textiles - new fabrics characteristics and care and sewing machine clinics.

The Agent feels that it is essential that she meet with the individual clubs at least this often. In fact, the women felt slighted this fall because it was physically impossible for the Agent to meet with them more often.

At the present time the Agent is actively working with and/or cooperating with two Homemakers Clubs, one Latter Day Saints group, the Coconino County Farm Bureau, the Coconino County Fair Committee and Navajo Ordnance Depot as well as the Navajo and Hopi Indian Service at Tuba City. Since all of these groups are composed primarily of rural people, the Agent is reaching a large majority of the ranch and farm people of the County.

E. Coconino County Fair

This year saw the resumption of the Coconino County Fair. The Fair was held in tents which in the opinion of the Agent will never be satisfactory in this Northern County. Cold, dust and rain made the Home Economics Exhibits space most unsatisfactory. This year the Agent supervised the receiving, judging, exhibiting, and returning of the Adult and 4-H Home Economic Exhibits. In future years if the Coconino County



## IV. ORGANIZATION AND PLANNING

E. Coconino County Fair (continued)

Fair Home Economics Exhibits space is not improved, the Agent does not feel that she should take a too active part in the Fair. No provision was or apparently could be made to keep the clothing exhibits from becoming more or less badly soiled. No bad complaints were received this year, but the Agent does not feel that women's "Best" should be subjected to such hazards. Canned and baked foods as well as agricultural products are not materially harmed by the above mentioned conditions.

F. State College

The Agent talked on a roundtable discussion at the College again this year. Dr. B. Burton had various representatives from the field of Home Economics talk to her class of beginning Home Economics students. The object of such discussion groups is to give students an idea of what type jobs they might wish to prepare themselves for after graduation from college.

G. Community Service

The various clubs in the County (Homemakers Clubs, Latter Day Saints, Farm Bureau, Kiwanis, Rotary and other civic groups have all responded to the youth needs of the community. Whenever there is an opportunity they have actively sponsored the 4-H Club Program in the County and in their own communities. Their sponsorship has taken the form of:

1. Supplying funds for community, county and state events.
2. Supplying and finding leaders.
3. Assisting the club leader by letting her know that the entire club is back of her.

H. Country Life Conference

The Agent attended the annual Country Life Conference held at Tucson in June. 3 of the Coconino County women attended. Many reasons were given for others not attending. Among them were:

1. Press of work at home.
  - a. In some cases spring roundup was not quite over.
  - b. Vegetable gardens and some fruit required the homemakers' attention.
  - c. Women working outside the home.
2. Possibility of extreme heat enroute Tucson and return.

IV. ORGANIZATION AND PLANNING

H. Country Life Conference (continued)

It is hoped by the women of this County that in the future a better date can be found for Country Life Conference.

## V. CLOTHING & TEXTILES

The aims of the Clothing & Textiles Project for 1954 were:

1. To teach experienced seamstresses how to teach beginning sewers. This was done on the part of the Agent to have someone in each community capable of assisting the beginning seamstress.
2. To have improved sewing by having well-regulated, cleaned and oiled sewing machines in every home.
3. To teach buymanship of:
  - a. Sewing machines
  - b. Miracle fabrics
    - (1) Characteristics
    - (2) Care
4. To decrease clothing costs
  - a. Mending of work & play clothes
  - b. Mending expensive garments
5. To improve health through properly mended hose and other garments.

In the past few years we have done a great deal of actual clothing construction. Some of the projects were:

1. Making of comfortable house dresses
2. Making of tailored garments (suits & coats)
3. Making of Better dresses.

Certain Homemakers, often those that talk longest and loudest at the Program Planning Meeting, would like to do a difficult construction problem annually. They are the women in each community who really enjoy sewing. However, the Agent is aware, as are others in the County, that many women do very little home construction of clothing. Therefore, techniques of simple sewing, mending and buymanship were encouraged for the Country Program. If Extension is to do the job that it is designed to do for the Homemaker, it is necessary that we keep Homemakers up-to-date on all phases of all projects. In an effort to accomplish these aims and beliefs, the following projects in Clothing & Textiles were accomplished this year (1954):

- A. Leader Training Meetings for Community Clothing Leaders
- B. 4-H Clothing Leaders on simple sewing techniques.

## V. CLOTHING &amp; TEXTILES (continued)

A. & B. Leader Training meetings & 4-H Clothing Leaders

The Agent feels that these training meetings were successful. The leaders were taught standard methods for doing and teaching many simple clothing construction techniques. Some of which were how to:

1. Measure the figure
2. Select a pattern of corresponding size.
3. Alter a pattern
4. Straighten fabric.
5. Lay a pattern on fabric and cut the garment.
6. Set in sleeves.
7. Make and attach a collar.
8. Do seam finishes
9. Put in a hem.

Leaders had an opportunity to receive an excellent indoctrination in 4-H clothing practices. Both the specialist and Agent endeavored to instill in leaders an appreciation of the importance of leaders encouraging club members and others to follow directions. It was pointed out that even though there are many satisfactory ways of, for instance, putting in a sleeve, that club members must follow the recommended 4-H method. The importance of some type of suitable seam finish on each and every garment was also emphasized.

Both community and 4-H leaders expressed their appreciation for the training which they received. The uses to which these leaders put the material received are manifold. Some of them were:

1. Special assistance to beginning sewers in their community.
2. Special assistance to 4-H Club Members.

The improvement of 4-H clothing project work is remarkable. Each leader must be thoroughly convinced in her own mind that the "4-H way" is best before she can convince her club members and their parents. The Agent has gained even more satisfaction from leader improved sewing techniques than from 4-H club member improved techniques. When the leader is convinced, it is easy for her to convince her club members.

The Agent in conjunction with other Home Demonstration Agents met at Tucson for a sewing machine clinic conducted by the Clothing Specialist, Miss Helen Church. Much valuable information was received at this workshop. Each Agent cleaned and re-adjusted three machines.

Of especial interest to all agents was the one day spent in testing the newer makes of machines. Each Agent had an opportunity to form her own opinion as to each machine.

## V. CLOTHING &amp; TEXTILES (continued)

C. Sewing Machine Clinic

One sewing machine clinic was held in Coconino County this year. A total of 15 machines were cleaned, oiled, and adjusted. Several things of note with regard to these clinics the Agent feels are worth mentioning.

1. 4-H Club Members - older girls - participated. One of the girls was able to completely rejuvenate her machine so that it is now almost like new. It was in very bad shape and sounded like a "threshing machine".
2. Mothers of 4-H Club Members attended. It is felt by the Agent that a lot of poor 4-H sewing is the direct result of poorly adjusted and regulated machines. We now know that at least some machines used by 4-H Club Members in each community are in good working order.
3. Four-H leaders attended. This contributes as in the above to improved 4-H sewing.
4. The Agent again noted that non-standard makes of sewing machines are very difficult to adjust and repairs are almost impossible to procure. Through sewing machine clinics and the use of the little booklet on buying a sewing machine, the Agent hopes to make women think before they buy a sewing machine.

D. Mending Made Easier

Probably one of the most practical and also one of the most interesting projects of the 1954 clothing field was mending. Everyone unless they are very wasteful must mend to a greater or lesser extent. Ragged torn clothes as well as being unsightly and slovenly in appearance are for the homemaker and farm worker a hazzard. Ragged levies or house-dresses, for instance, are much more apt to become caught in machinery than are damaged and and well-patched garments. Then, too, an expensive garment sometimes becomes damaged and unwearable. Through careful "know-how mending", the garment may be repaired so that the mend is not noticeable. The homemaker may thus save many dollars.

Mending was taught through Leader Training on a county-wide basis. The primary aims of this project were:

1. To teach the women simple rapid methods of mending.
  - a. Levi patch (knees of levies)
  - b. Machine darning
  - c. Glue patches
  - d. Special adhesive patches

## V. CLOTHING &amp; TEXTILES

D. Mending Made Easier (continued)

2. To teach the women money saving mending of expensive garments.
  - a. Inset patch
  - b. Reweaving patch

Leaders were encouraged to make samples of all patches and mends demonstrated so that they would have them for their own club meetings. Four-H Club Leaders were encouraged to and did attend both the Leader Meetings and the regular Club Meetings. In this way they are better able to teach the third-year-advanced clothing techniques.

E. Miracle Fabrics, Their Characteristics and Care.

The objects of this project were:

1. To acquaint the homemakers with the new fabrics.
  - a. Characteristics
  - b. Care
2. To re-impress the homemaker with the importance of reading labels on both fabric and garments.
  - a. Teach what labels should tell.
3. To teach maximum and minimums necessary in blends of fibers for the characteristics desired.

Procedure

1. Explanation of the Federal bills covering the labeling of wool and man-made fibers.
2. Demonstration and discussion of the characteristics of man-made fibers.
  - a. Advantages
  - b. Disadvantages
  - c. Washing
  - d. Ironing
  - e. Care - general
3. Demonstration and discussion of blending of fibers necessary for desired characteristics.

The women were extremely interested in this project. Almost without exception, each woman had had some unpleasant experience with the new "miracle fabrics". The most common complaints were in the care of the garment - how to wash and iron it. Several instances of "pilling" of the smoothly woven nylon and orlan fabrics were mentioned. One woman

## V. CLOTHING &amp; TEXTILES

E. Miracle Fabrics, Their Characteristics and Care (cont'd)

indicated that her nylon seersucker had this same characteristic. The Agent was unable to explain "why" with the exception that "pilling" is a characteristic of many of the "man-made fibers".

The women left the meeting with the expressed feeling that they now knew enough about the "miracle fibers" to be well-informed buyers of both yardage and garments made of them.



## VI. HOUSE FURNISHINGS AND HOME MANAGEMENT

The aim for House Furnishings and Home Management for 1954 was "To increase our efficiency for more happiness in the Home". In the past years we have studied:

1. Kitchen arrangement and storage space.
2. Kitchen and dining area floor coverings.
3. Color schemes for all parts of the home with special emphasis on the dining area.

This year the women wanted to learn how to manage their problem windows and doors. Such a project naturally lends to more happiness in the home. The room that is tastefully arranged with its good features emphasized and its poor features minimized naturally contributes to increased happiness in the home.

### A. Window Treatments

Two method demonstrations were given on window treatment. Especial emphasis was given to problem windows and doors. The long narrow window as well as the "occasional" little tiny window irregularly placed are probably the most common window problems in this area. An interesting comment was made by one of the homemakers which may explain the necessity for putting in the little window. She said that in early days American people paid taxes on the basis of the number of glass windows and number of chimneys which their homes had. This might account for the deficient number of windows in old time buildings and the resulting necessity of adding windows for good light and ventilation today.

By the use of miniature windows, curtains and drapes, the characteristics of window treatment were discussed and demonstrated. Many of the novelty window treatments were very popular because they were more or less inexpensive.

A problem in this district seemed to be the deep window resulting from the once prevalent use of adobe for the building of homes. These deep windows are long and narrow and in many cases without wooden casings. The ceilings are also high. Naturally, all these factors must be taken into account when curtaining windows.

The aims of the demonstrations on window treatment were:

1. To improve the general interior and exterior appearance of the home.
2. To increase the pride and pleasure of the homemaker in her home.



## VI. HOUSE FURNISHINGS AND HOME MANAGEMENT

### A. Window Treatments (continued)

3. To assist the homemaker with problem windows and doors.

Procedure of the demonstrations was:

1. By the use of miniature windows the various types of windows were discussed, i.e. long-narrow, short-wide, small, etc.
2. By the use of miniature drapes and curtains illusions of longer, shorter, wider, etc., windows were created.
3. Traverse rods were demonstrated. Their uses and advantages explained.
4. Novelty window treatments were demonstrated and discussed.

The portion of this demonstration which the women used most was the deep valance and side drape to shorten and broaden windows. The double cafe curtain also proved most popular. The double cafe curtain as well as shortening the apparent length of the window is inexpensive to make and to hang. Cafe curtains fit well in the informal homes of Northern Arizona.

### B. Drapery Making

Drapery making was a leader project throughout the County this year. The aims of this project were to:

1. Improve the exterior and interior appearance of the home.
2. Increase the pride and pleasure of the homemaker in her home.
3. To teach actual drapery making
4. To improve the window appearances of all homes in the County.

The procedure of the Leader Training Meeting was to teach:

1. Selection and preparation of materials for draperies.
2. Careful measurement of draperies.
3. Kinds and amount of allowances (hems, headings and "repeats").

## VI. HOUSE FURNISHINGS AND HOME MANAGEMENT

### B. Drapery Making (continued)

4. Good tools for working.
5. Supplies and fixtures.
6. Good methods for the following processes:
  - a. Turning a miter.
  - b. Crinoline or other stiffening properly placed in the headings.
  - c. Lining and interlining.
  - d. Hand stitches for processes used.
  - e. Spacing pleats.
  - f. Making headings (all kinds).
  - g. Turning bottom hems; weighting.
  - h. Tying finished drapery before hanging it.

One of the most enthusiastically received techniques was the making of a mitered corner. Each leader planned to be sure that every club knew how to make one before her meeting was over. For some reason women have always been afraid of mitered corners. Probably because in order to make a satisfactory miter, it is necessary to cut out the corner of the material.

Four-H Leaders as well as Homemaker Clubs' Leaders, Latter Day Saints Leaders, and Indian Service Leaders attended these Leader Training Meetings. The Agent recommended to the 4-H Leaders that they attend since they each have a few girls enrolled in the Room Improvement Project.

All leaders had each woman attending her meeting on drapery making make a sample drapery. In this way each woman actually used the technique of:

1. Making a mitered corner
2. Putting in a crinoline-lined heading
3. Putting in a pinch pleat.
4. Putting in a lining
5. Putting in a bottom hem.

Each woman also had a sample drapery to take home with her for ready reference. The women seemed to feel that they really benefited greatly from these meetings. The Agent is interested to note the improved window appearances as she goes from home to home throughout the County. These meetings were really worthwhile.

## VII. NUTRITION

The nutritional status of ranchers and farmers in Coconino County is high. We have very few cases of disease directly traceable to poor nutrition. The weight control studies which we did 3 years ago as a County-wide project are still having a noticeable effect. The women are conscious of their weight, especially those who are overweight. Then, too, in our studies two years ago the nutritional value of casserole dishes and last year on calcium has been most helpful. The women realize that there are many important nutrients in the food which we eat. Although the average homemaker does not know all about these nutrients, the fact that they do know that important nutrients are present in food, and that nutrients must be preserved in the cooking process is very important. It is easier for homemakers to follow correct food preparation directions if they can understand why.

### A. Food Selection & Preparation

The aims of the County-wide nutrition program were:

1. To assist the homemaker in the problem of eating for health, beauty, and enjoyment.
2. To teach preparation of economical well-balanced meals.
- 3/ To increase planning and economy in the family food budget.
4. To stimulate improved nutrition of all ranchers and farmers in the County.

Through all of our nutrition work in the County, the Agent feels that we are accomplishing these goals. This year (1954) nutrition emphasis was put on the importance of adequate protein in the diet. The women became very conscious of the complete and incomplete proteins in foods as well as how much of each are needed. The nutrition project ran for three consecutive months. It is felt by both the Specialist and the Agent that a follow through of this length made the homemakers nutrition conscious. Too often, we merely lightly scratch the surface of some project and then pass on to other topics, thus not really driving home our point or points.

(a) An outline of the nutrition project, Broiler and One Dish Meals is as follows: (copy attached)

#### Objectives:

1. To increase the homemaker's awareness and knowledge of the importance of adequate protein in the daily diet.
2. To increase the "value received" from stove purchases. (Increase use of the deepwell and broiler of the stove).
3. To improve the general diet of rural people.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
P. O. BOX 388  
PRESCOTT

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

BROILER AND ONE DISH MEALS

Prepared by  
Elsie H. Morris, Extension Nutritionist  
and  
Lucinda E. Hughes, Home Demonstration Agent

Meat - Meat includes the flesh of all animals used for food. Meat consists of muscles, connective tissue, bone, and fat. The muscles are made up of bundles of fibers, tubes filled with meat juices bound together by connective tissues. Meat contains a large percentage of protein, fat and water.

Food Value of Meat - Meat has high food value because it contains high quality, complete proteins. The body is able to use 98% of the animal protein eaten.

Protein is life. It is contained in all plant and animal cells and in body fluids.

Where do we get protein? Protein is obtained from animal and vegetable sources.

Proteins of animal origin

1. Meats
2. Fish
3. Eggs
4. Milk and milk products

Proteins of vegetable origin

1. Cereal grains, (wheat, corn, rice, rye and barley)
2. Seeds of legumes, peas and beans
3. Nuts - peanuts most important in human diet

Animal Proteins - Animal proteins, meat, eggs and milk are classified as high quality proteins because they contain all the amino acids or building blocks necessary to build and repair body tissues. These building blocks are carried by the blood to the places where they are needed. All protein foods satisfy our appetites longer because they are digested more slowly.

Amino Acids - There are twenty-four known amino acids and probably others will be discovered. Dr. W. C. Rose and other workers have found that there are eight amino acids found in animal proteins, which must be supplied to our bodies every day. They are called essential amino acids because they are needed to build and repair body tissues.

Our bodies are able to synthesize or build up the other amino acids in amounts to meet our bodies needs.

Amino acids are not stored in the tissues and so must be resupplied each day by the foods we eat.

How much protein do we need each day? A moderately active home-maker such as you, needs about 55 grams of protein each day. Your husband needs about 65 grams. Growing children, pregnant women, and nursing mothers need greater amounts of protein. See page 8 - recommended allowances "Food Values in Common Portions."

Where to get protein? The best rule is to get at least half of our protein from animal sources such as meat, eggs, milk, and cheese. Children should get two thirds of their protein from animal sources.

Vegetable proteins do a better job when they are cooked or served with proteins from animal sources.

Why our bodies need protein:

1. To build and repair tissues
  - a. Growth - especially children
  - b. After surgery
  - c. Pregnant and nursing mothers
  - d. Severe burns
2. To manufacture antibodies which fight infection in the body
3. To help regenerate blood after hemorrhage or other blood losses

The Place of meat in Good Nutrition: Meat supplies protein, iron, phosphorous, thiamine, ribloflavin, niacin, and calories to our diets.

#### GENERAL RULES OF MEAT COOKERY

Meat is cooked to increase its appetite appeal, appearance and aroma.

I. Long Slow Cooking for all except very tender steaks and chops:

1. Improved flavor
2. Increased tenderness
3. Juicier, decreased loss of meat juices
4. Low percentage shrinkage

II. High cooking temperatures:

1. Harden the protein fibers of meat
2. Causes excessive shrinkage
3. Decreased number of servings per pound
4. Causes burned drippings and outer layers of meat

III. Methods of Cooking Meats

The grade and cut of meat will help you to determine how to cook it.

Refer to Leaflet No. 310 - U. S. Grades for Beef, U.S.D.A.



The less expensive cuts of meat are usually the less tender cuts and require long slow cooking with moist heat to make them tender.

Broiling meat. Tender cuts of meat such as beef steaks, marbled with fat, lamb chops, liver, ground meats and chickens may be broiled.

These meats may be broiled by direct heat under a gas flame, electric unit, or over hot coals.

To broil grease rounds of broiler, (or of a rack set in a drip pan) lay the meat on it.

Set the electric unit to "broil"; preheat gas oven (350°-broil). On the electric range it is recommended that the door be left open so that the thermostat will not shut off when the broiling temperature is reached. Electric broiler - place meat 4 to 6 inches from the heating unit. Gas broiler - place the meat 2 to 3 inches from the heat and broil until the top is brown. Season with pepper and salt; turn and brown on the other side. Season and serve at once.

#### MENU

Broilers with Peach Halves  
Mashed Potatoes  
Tossed Green Salad  
Bread and Butter  
Broiled Cake Fingers  
Jello  
Milk and Tea or Coffee

#### Ingredients

1 broiler  
3 tablespoons melted fat  
pepper  
salt  
2 peach halves  
1 tablespoon brown sugar

2 servings

#### Utensils

1 large broiler pan  
1 tongs or fork  
1 serving platter  
1 spatula (large)

Broiling Directions - All sizes of tender, small chicken may be broiled, but the preference is usually a 1½ to 2½ pound bird, (ready-to-cook weight).

1. Season with ¼ to ½ teaspoon salt and 1/8 teaspoon pepper for each half.
2. Brush well with butter, margarine, or any desired fat. Flatten halves skin side down in pan
3. Place pan in broiler so that surface of chicken is 3 to 6 inches from the heat. Broil slowly, regulating heat or pan position so that browning begins after 10 to 15 minutes of cooking.
4. Turn after 30 minutes, brush with additional fat when you turn.

5. Broil until tender, nicely browned and crisp on the outside. Chicken is done when the drumstick and wing joint yield easily to fork pressure. The broiling time for a 2 to 2½ pound chicken is 50 to 60 minutes.
6. The liver (uncooked) and the precooked gizzard, heart and neck may be brushed with fat and placed in broiler pan the last 15 minutes, or long enough to heat and brown.
7. Serve on warm platter skin side up. Pour the pan drippings over the chicken.

Note: Chickens may be basted with barbecue sauce instead of fat.

#### MENU

Broiled Steak  
Creamed potatoes  
Broiled Tomatoes and Onions  
Buttered Broccoli  
French Bread and  
Butter  
Fresh Fruit Salad  
Milk and Tea or Coffee

#### Ingredients

1 beef steak about  
2 inches thick  
(Porterhouse or Sirloin)  
2 tablespoons butter or  
margarine  
parsley  
lemon juice  
1 tomato  
1 par boiled onion

4 - 6 servings

#### Utensils

Broiler with rack  
Fork  
Knife  
Serving platter  
Spatula (wide)

#### Broiling Directions:

1. Pre-heat gas broiler for 10 minutes
2. Slash outside fat to prevent curling
3. Place on rack about 3½ inches below the flame  
Cook without turning 7½ minutes for inch steak,  
15 minutes for 2 inch steak
4. Salt, turn, and cook an equal length of time
5. Serve with drawn butter sauce

Sauce: To the steak drippings add 2 tablespoons butter,  
1 tablespoon lemon juice and chopped parsley

Braising meat. Less tender cuts of meats require long, slow cooking in moist heat. Flavor and color of less tender cuts of meats are enhanced through braizing. Braizing is browning the meat slowly at low temperature in a small amount of fat.

Add a small amount of liquid to the browned meat and allow it to simmer until tender. (Several hours)

## MENU

Beef Shank Pot Roast with vegetables  
(Arizona Cowbelle Recipe)  
Fruit and Cheese Salad  
Biscuits and butter  
Milk and Tea or Coffee  
Ice cream - Cookies

### Ingredients

3 pounds cut beef shanks  
3 tablespoons fat from suet  
3 teaspoons salt  
 $\frac{1}{2}$  cup flour  
6 carrots  
1 green pepper  
4 potatoes  
1 cup of chopped celery

### Utensils

1 heavy kettle with cover  
1 large fork or tongs  
1 set measuring spoons  
1 cloth  
1 paring knife  
1 cutting board

6 servings

### Cooking Directions:

1. Wipe the meat with a damp cloth, dredge with flour. Brown slowly in the melted fat.
2. Add 1 cup of water and simmer until the meat is nearly tender, about 3 to  $3\frac{1}{2}$  hours.
3. Prepare vegetables. Add carrots, potatoes, celery and green pepper rings. Cook for 25 minutes.
4. Remove meat and vegetables to a warm serving dish. Thicken the liquid for gravy.

## IV. Meat Alternate

## MENU

Baked Pinto Beans  
Raw Vegetable Relish Plate  
Whole Wheat Bread Garlic Butter  
Cheese Cake  
Milk Tea or Coffee

### Ingredients

1 lb. pinto beans  
3 tablespoonfuls brown sugar or molasses  
1 can tomatoes and chili peppers (together)  
 $\frac{1}{2}$  lb. lean bacon, or fresh side pork or ham scraps  
 $\frac{1}{4}$  cup chopped onions  
salt

### Utensils

1 pressure sauce pan or canner  
1 measuring cup  
1 set measuring spoons  
1 small skillet  
1 can opener  
1 knife  
1 mixing spoon  
1 baking dish with cover

5 - 6 servings



Directions for cooking and baking beans:

1. Wash and sort 2 cups beans.
2. Measure  $5\frac{1}{2}$  cups of water into kettle. Bring to boil. (Proportion 3 parts water to 1 part beans.) Add 2 cups of dry beans and boil for 2 minutes.
3. Remove from heat. Allow beans to soak in this water for 1 hour.
4. Add 1 tablespoonful pork or bacon drippings to reduce foaming.
5. Return kettle to stove. Adjust lid.
6. Allow steam to vent for 1 minute, as indicated by a steady flow of steam.
7. Place pressure gauge and bring to 15 lbs. pressure for 15 minutes.
8. Allow pressure to fall to zero.
9. Remove lid.

Note: If a regular kettle is used for boiling beans allow  $1\frac{1}{2}$  to 2 hours to cook the beans.

Caution: In cooking dry beans in the pressure sauce pan, do not fill more than  $\frac{1}{3}$  full of soaked beans and water.  
Do not use the rack.

10. The cooked beans may be prepared in many ways such as frijoles, frijoles and cheese, chili, or baked.

For baked beans

11. Place cooked beans in casserole.
12. Add 3 tablespoonfuls brown sugar or molasses,  $\frac{1}{4}$  cup chopped onions, 1 cup canned tomatoes and chiles, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, and bacon, fresh pork, smoked pork or other meat.
13. Bake covered in  $350^{\circ}$  F. oven for 30 minutes. Finish baking without cover to brown.

CHEESE CAKE

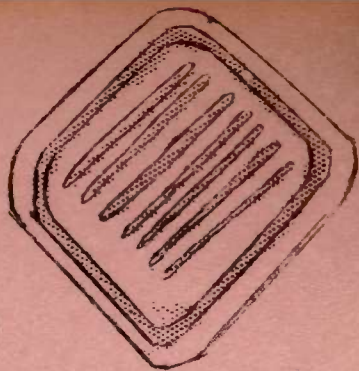
<u>Recipe</u>	<u>Utensils</u>
1 - 6 ounce package of Zwieback or 18 graham crackers	waxed paper
$\frac{1}{4}$ cup butter melted or margarine	1 - 9" spring form pan
$\frac{1}{2}$ cup sugar	1 sieve or Foley Food mill
3 cups cottage cheese (Fine curd)	1 glass measuring cup
4 eggs	1 egg beater and bowl
$\frac{1}{2}$ cup cream (18%) or $\frac{1}{2}$ cup evaporated milk	2 mixing bowls
$\frac{1}{2}$ teaspoon salt	2 mixing spoons
3 tablespoonfuls sifted flour	1 case knife
1 teaspoon vanilla	1 set measuring spoons
1 lemon	1 bowl scraper
(2 tablespoonfuls lemon juice - $1\frac{1}{2}$ teaspoonfuls grated lemon rind)	1 grater
	1 cake server
	1 large plate
10 servings	

Directions:

1. Roll Zwieback or graham crackers into fine crumbs.
2. Mix with melted butter and 1 tablespoon sugar.
3. Pack all but  $\frac{1}{2}$  cup of this mixture on the bottom and sides of a well greased 9" spring form pan.
4. Press the cottage cheese through a fine sieve.
5. Beat egg yolks. Add to the cheese and beat thoroughly. Add vanilla, lemon juice, and rind, also  $\frac{1}{2}$  cup cream or evaporated milk. Mix well.
6. Beat egg whites until almost stiff; add sugar gradually.
7. Fold beaten egg white into the cheese mixture.
8. Pour into the lined pan and sprinkle lightly with the remaining  $\frac{1}{2}$  cup of crumbs. Bake in a slow oven 350° F. one and a half hours or until the center is set.

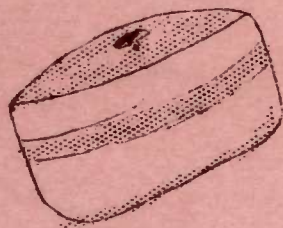
Chill before removing from pan.

April, 1954



BROILER

and



ONE DISH

MEALS

by

Lucinda Hughes

Home Demonstration Agent  
and

Elsie Morris

Extension Nutritionist

## VII. NUTRITION

A. Food Selection & Preparation (continued)

## Procedure:

First meeting

1. Discussion and Demonstration of:
  - a. Value of protein in nutrition (kinds)
  - b. Check protein intake of each person present for breakfast and lunch.
    - (1) Calculate kind and amount of food needed for dinner to fulfill requirements for the day.
  - c. Grading and cuts of meat, and demonstrate broiling of three cuts and/or grades of meat.
    - (1) Sirloin - choice to good
    - (2) Round steak - choice to good
    - (3) Round steak - choice to good (tenderized with commercial tenderizer.)
  - d. Have nutrition leaders check on grades and/or brands of meat sold in their local markets. (Leaders to report same at the Leader Trainer Meetings in May.)

Second Meeting (Train Leaders for this Meeting)

1. Review principles of broiling (Use of broiler)
  - a. Broil - steak
  - b. Broil - chicken
  - c. Broil - desserts and vegetables (cake fingers, peach halves, sliced tomatoes, sliced onions).
2. Principles of braising (use of deepwell)
  - a. Braise beef shank for pot roast. (Use Cowbelle recipe)
3. Principles of short method of bean cookery.
4. Calculate protein value of each food prepared and what is needed to bring its protein value for the meal and day up to standard.
5. Review beef and chicken grading standards
6. Check second day of food record.
7. Plan how leaders will present this material to their groups.

## VII. NUTRITION

A. Food Selection & Preparation (continued)Third Meeting

1. Demonstrate the making of a cheese cake. (Method and nutritional value) - supplement to vegetable protein main dish.
2. Review nutritional requirements of proteins.
3. Check food record and plan one more day's meals.
4. Review grades and cuts of meat.
5. Question period on any nutritional problems or any phase of protein cookery.

Results of Meetings

Each woman filled out her meal chart for breakfast, and lunch and calculated what she had originally planned for dinner that night. The results ranged from 80 to 30 grams of protein. Those homemakers with the 30 gram intake were, with just cause, most concerned. The low protein intake was as a general rule a true reflection of her daily food intake. In many cases they were overweight homemakers trying to reduce their caloric intake. The women admitted a continuous below-par feeling. The Agent endeavored to impress them with the importance of a daily protein intake of at least the minimum (55 grams). The women with the extremely low protein diets also reported that they were not losing weight. Proper explanation of the cause and effect of this failure to lose weight on such an inadequate diet was given by the Agent. All women promised to raise their protein intake to the required minimum.

The broiling of steak (sirloin, round and tenderized round) was quite helpful. The women realized the importance of having not only the proper grade but the proper cut of meat for satisfactory broiling. More broiling is to be done in the months to come. Each woman tried at least one broiling operation before the second meeting.

Leader Training Meetings were held on a County-wide basis to train nutrition leaders to conduct the second meeting. One Leader Training Meeting was held at Flagstaff. A total of 6 Leaders attended. The points brought out and demonstrated were as outlined.

The women brought their protein intake charts with their second day filled in. It was interesting to note the majority improvement over the first day's protein intake.



## VII. NUTRITION

A. Food Selection & Preparation (continued)

(a)

Leaders took time at the meetings to plan what and how they would conduct their own club meetings. Leaders planned to:

1. Broil chicken
2. Do first phase of bean cookery
3. Broil cake fingers
4. Braise beef (tough cut)
5. Review and check protein intake charts.

At the third meeting the Agent found the women most enthusiastic and eager to report their experiences with the broiler and the deepwell. They were enthusiastic about the cheese cake. The Agent found that by thoroughly draining the cottage cheese that a better, more uniform product was obtained. Many of the women had never tasted cheese cake and none of them had ever made it with cottage cheese. Foods leaders brought completed baked beans to this meeting so that all members had an opportunity to taste the baked beans and cheese cake. All agreed that the combination was good.

The Agent feels that the objectives for the nutrition project this year have been achieved. The women are conscious of the importance of protein as well as general nutrition, and the Agent feels that homemakers are making improved use of their stoves.

Besides the general overall good which the Agent feels that these nutrition meetings have accomplished, one result is noted. When the Agent came to the County in 1947, no homemaker would even talk about food or nutrition. They just didn't want to think in terms of food preparation or preservation. Today the attitude is completely changed, they are enthusiastic about all nutrition projects. The Agent endeavors at all times to keep the nutrition program in tune with national trends in nutrition, to make the program interesting, instructive, and inspiring. Homemakers are continuously reminded that "no matter how adequate is the diet served, adequate nutritional value is not received by the individual unless he eats his fair share", of all foods served.

## (b) High Altitude Cake Baking

A cake-making workshop was held in Prescott this year for all Northern Counties. Those in attendance were the State Nutritionist, the Navajo and Apache Counties Home Demonstration Agent, the Yavapai and Coconino Counties Home Demonstration Agent and the Northern Arizona Light and Power Company Home Economist. The purposes of this workshop were:

1. To obtain standardized recipes for the high altitude
  - a. Two egg cakes (conventional and speedy methods)
  - b. Sponge cake
  - c. Chiffon cake
  - d. Angel food cake
  - e. Chocolate Cake

## VII. NUTRITION

### A. Food Selection & Preparation

#### (b) High Altitude Cake Baking (continued)

2. To test box cakes with altitude corrections.
3. To standardize cake baking procedures

The results obtained were satisfactory. Adjustments were tested and determined for the 5000 foot elevation. Recommendations for other elevations were made and have been tested by the Agent. In the near future the Agent plans to publish a bulletin giving the tested recipes for 5000 feet and the recommendations for other elevations.

One of the most astonishing results of this cake-baking workshop was the twenty-three minute high-temperature angel food cake. Contrary to all recommended practices with regard to egg cookery, this cake baked at 425° F. for twenty-three minutes had the most delicious flavor and texture with the least shrinkage. It had the traditional "melt in the mouth" quality which is always aimed for in angel food cakes. The high sugar content of this cake explains the more or less unexpected results.

#### (c) Bread Making

The Agent with the cooperation of both the Coconino and Yavapai County Offices reprinted the Yeast Breads and Rolls mimeograph this year. Five hundred copies were made, 250 for each office. (Copy attached. This bulletin has proved very popular and it is felt that we should have it continuously available.

### B. FOOD PRESERVATION

#### (a) Canning

Since the advent of the home freezer, the amount of canning in Coconino County has decreased. Very few people can meat and chicken. An ever increasing number of homemakers are selecting specific foods which they no longer can. About 100% freeze their strawberries while only about 50% freeze peaches.

Pressure canners were tested this year as the occasion demanded. Homemakers bring their pressure cooker lids to the Office for this free service. No County-wide clinics were held. Newspaper publicity brings those whose canners need testing to the office.

This year, 1954, again was a poor year for fruits and vegetables in Coconino County. A late freeze this past spring killed about 50% or more of the fruit. Consequently, any fruit available was really too expensive for canning. Due to the cold spring, and late summer infestation of pests, gardens were poor and very late. Some of the garden



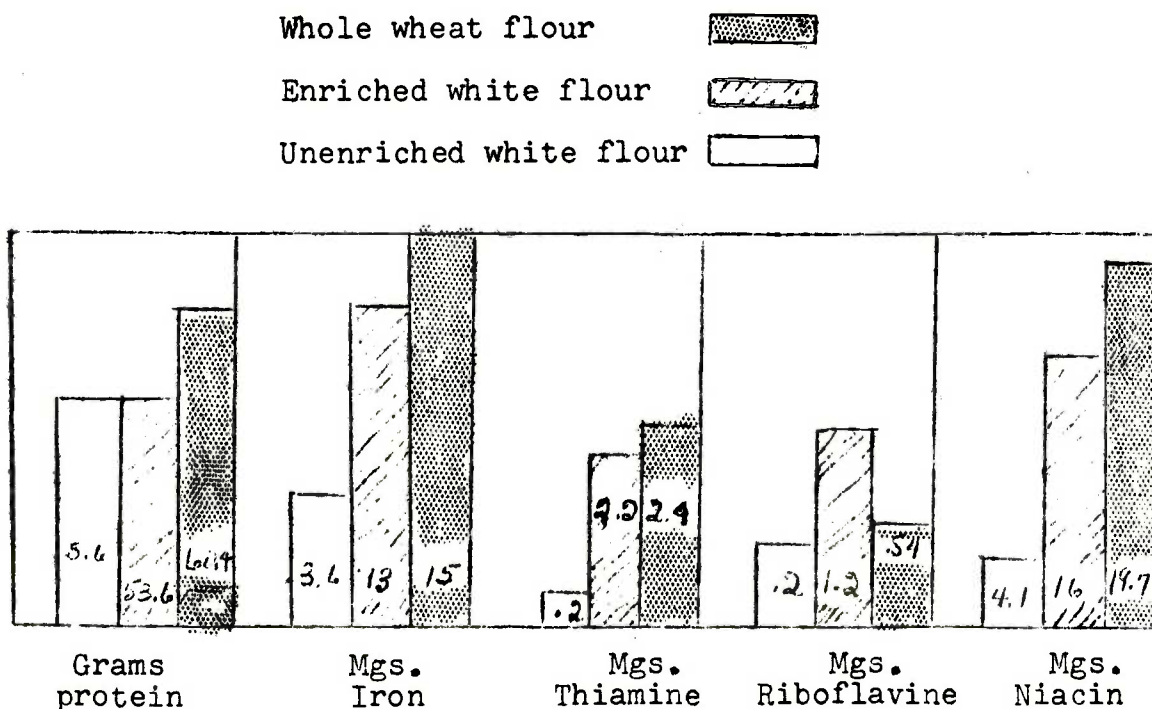
## YEAST BREAD

By

Elsie Morris, Extension Nutritionist  
Lucinda E. Hughes, Home Demonstration Agent

Bread is known as "The Staff of Life." However, unless bread is made from either enriched or whole wheat flour we are less well nourished today than we would have been fifty years ago. The milling process for white flour removes the majority of the "B" vitamins. Therefore, we must add them to bread if our bodies are to be well nourished.

The following chart shows us a comparison of the nutrients in one pound of white, enriched white, and whole wheat flours.



"A good loaf of yeast bread is symmetrical in shape, uniformly golden brown in color and light in weight. It has considerable spring and when released after being pressed together returns to its former shape. It has a fine even grain and a thin crust. When freshly cut, the crumb is silky, creamy white and feels velvety and moist to the touch. Its texture is not compact, coarse, uneven or soggy. The bread smells good and has a fresh, nutty, wheat-like flavor. There is no indication of mustiness, rancid fat, sourness or other off flavor.

One-hundred percent whole wheat bread is darker in color, the crust is slightly thicker and the loaf is not so light in weight as white bread. The crumb is inclined to crumble and lacks much of the velvety quality of white loaf. It has a rich nutty flavor and aroma."

## OBJECTIVES OF BREAD MAKING:

1. In case of emergency the homemaker can make bread for the family.
2. Makes homemakers aware of nutritive value of breads and enriched flour.
3. Bread makes up a fourth of our daily food.
4. Improves the food value of the packed lunch.
5. The homemaker can make double rich bread by the use of dry skim milk powder.
6. Adds variety to meals: can make variety mixes, frozen, and brown and bake products.

## RECIPES

### ENRICHED WHITE BREAD

Yield: 2 loaves

Temp: 370°

Time: 60 - 70 minutes

6 cups sifted enriched flour

2-1/4 cups scalded milk

or

2-1/4 cups lukewarm water

1 cake compressed yeast, or

1 package of granulated yeast

2 Tablespoons sugar

2 Teaspoons salt

1 - 2 Tablespoons melted fat

1 cup dry skim milk solids

(Use with water in place of fluid milk)

1. Scald milk, or if dry skim milk solids are used, use lukewarm water.
2. Sift and measure flour; add salt, sugar and dry skim milk solids to one-half the flour. Sift together.
3. When the liquid is lukewarm, crumble in the yeast cake. Be sure that the yeast liquid is lukewarm. To test for lukewarm, place a drop on the inside of the wrist. If the liquid feels neither warm nor cool, it is at the desired temperature (80-85°F.)
4. Add the flour and other dry ingredients to the yeast mixture. Beat until smooth (1/2 minute in mixer).
5. Add melted fat and beat. (1 minute in mixer).
6. Add enough more flour to make a smooth dough that is moist but not sticky. Enough flour has been added when the dough cleans the bowl.
7. Turn dough out on lightly floured board or canvas and let it rest for 5 minutes. While dough rests clean and grease bowl.
8. Flour or grease hands and knead bread lightly until it is smooth, satiny, and elastic, kneading the remainder of the flour into the dough.

To test whether dough has been kneaded enough, hold the dough lightly in your hands for 30 seconds. If the dough does not stick to the hands it has been kneaded enough.

9. Put the dough into a greased bowl. Grease the top lightly. This prevents the formation of a dry crust.

Cover the dough with a towel and let it rise in a warm place (80-85°F.) until it has almost doubled in size. To test for proofing, press finger gently into dough, if dent remains, dough has risen long enough.

10. Punch dough down by plunging your fist into it. This allows the gas to escape. Fold the dough over from the 4 sides to the center until it is its original size. Do not knead. Let it double in bulk if dough is allowed a second rising (Optional). Second proofing improves the texture. One rising is sufficient.
11. Divide the dough in 2 portions. Let rest on your bread board for 10 minutes, covered with a towel.
12. Shape the dough into loaves by rolling each portion into an oval.

Fold each side toward the center, then fold the top and bottom thirds toward the center, seal well. This forms a cylindrical shaped loaf.

Roll loaf over on the board lightly 2 or 3 times.

Place loaves in greased pans with seam at the bottom of the pan.

Flatten the dough gently so that it is eased into the corners of the pan. Brush the loaves lightly on sides and top with melted fat.

13. Let loaves rise until they almost double in size. While loaves are proofing, pre-heat oven.
14. Bake the loaves at 375° from 60 - 70 minutes.
15. The bread is done when it shrinks from the side of the pan and sounds hollow when thumped lightly. Another test is to touch bottom of the loaf pan with a wet finger; if it sizzles, bread is done.
16. Remove from pans immediately and place on rack to cool. Grease tops lightly.

NOTE: The moisture content of flour in Arizona varies greatly. Therefore, save 1/2 to 1 cup flour back and use only if required to make dough the proper consistency. This is true in both bread and roll making.

### CRACKED WHEAT DATE NUT BREAD

Yield: 2 loaves

Temp: 375° F.

Time: 60 - 70 minutes

3-1/2 cups sifted enriched flour

2-1/2 teaspoons salt

2 cups cracked wheat flour

2-1/2 tablespoons melted fat

2 cups water or fluid milk  
scalded

3 tablespoons brown sugar,  
honey or molasses

3/4 cup dry skim milk powder  
(Use with water in place of  
fluid milk)

1/2 cup chopped nuts

1/2 cup chopped dates

1 cake compressed yeast or  
1 package granulated yeast

Follow procedure for enriched white bread.

Note: 1. Use half of white flour in initial batter and beat.

2. Add cracked wheat and enough of remaining white flour  
until batter cleans the bowl.

3. Add chopped nuts and dates at last of kneading.

### WHOLE WHEAT BREAD

Yield: 2 loaves

Temp: 375° F.

Time: 60 - 70 minutes

6 cups whole wheat flour

3 tablespoons melted  
shortening

2 cups scalded milk or lukewarm  
water

3/4 cup dry skim milk powder  
(Use with water in place  
of fluid milk)

1 cake compressed yeast or  
1 package of granulated yeast

3 tablespoons molasses, brown  
sugar or honey

3 teaspoons salt

Follow procedure for enriched white bread.

### BASIC ROLL DOUGH

3/4 cup scalded milk or warm water	1/4 cup sugar
6 tablespoons dry skim milk powder (Use with water in place of fluid milk)	2-1/4 teaspoons salt
1 or 2 eggs	4-1/2 tablespoons shortening
	3/4 cup warm, not hot, water
	1 package or cake yeast, (dry or compressed)
	4 - 4-1/2 cups sifted enriched all-purpose flour

1. Scald the milk; stir in the sugar and salt. Set aside to cool until warm, not hot, or to lukewarm.
2. Sift dry milk solids with flour.
3. Sprinkle dry yeast into warm, not hot, water. Stir until dissolved. When using compressed yeast, cool water to lukewarm.
4. Combine the milk and yeast mixtures; or if dry milk solids are used, add yeast mixture to lukewarm water.
5. Add and stir in half the flour; beat until smooth.
6. Add melted fat. Beat.
7. Add eggs. Beat well.
8. Add and stir in the remaining flour or enough to make a soft dough; turn out on board; allow dough to rest 10 minutes. Knead 8 to 10 minutes. The dough is kneaded enough when the surface is smooth and satiny, and the dough feels springy and elastic and does not stick to the board.
9. Put dough into a greased bowl; brush top lightly with a melted shortening; cover with a cloth.
10. Let rise in a warm place (80° F. to 85° F.) free from draft, until double in bulk, about one and one-half hours.
11. Punch down; place on board and knead lightly; shape; let rise; bake.
12. Makes 18 to 36 rolls depending on size. Bake in a moderate (350° F.) or hot (400° F.) oven depending on size.

Comments: 1. If you wish to cut down on the rising time, use two packages or cakes of yeast in place of one. This reduces the rising time to about 45 minutes.

2. All types of rolls may be shaped from the above recipe.



HOT CROSS BUNS  
(Shaping Directions)

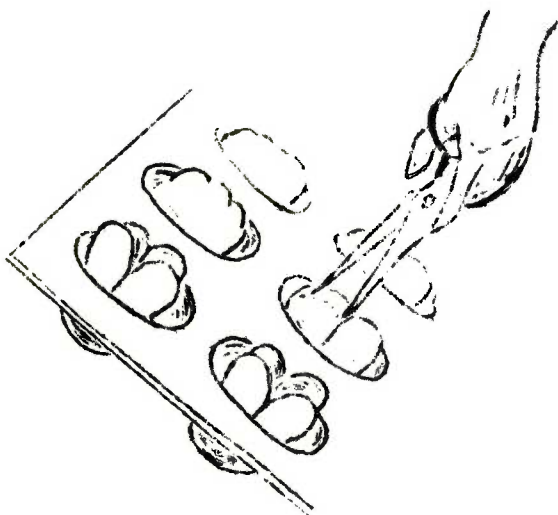
Temperature: 400° F.  
Time: 20 minutes

1. Add  $\frac{1}{2}$  cup currants and  $\frac{1}{2}$  cup citron to roll dough when the kneading process is almost complete.
2. Proceed as for regular basic dough.
3. Shape into buns, forming dough into small balls. Place 2" apart on greased baking sheet. Press each ball down with palm of hands. Cut cross with scissors or sharp knife.
4. Allow to rise until double in bulk. Bake until lightly brown at 400° F.
5. Brush with melted fat. When cool, decorate with cross made of powdered sugar icing.



1. Roll dough into a square 15 x 15 x  $\frac{1}{8}$  inches.
2. Brush lightly with melted margarine or butter.
3. Mix together  $\frac{3}{4}$  cup sugar and 2 teaspoons cinnamon.
4. Sprinkle center third of square with  $\frac{1}{4}$  tablespoons of sugar, cinnamon mixture.
5. Fold one-third dough over center third.
6. Sprinkle with  $\frac{1}{4}$  tablespoons of sugar and cinnamon mixture.
7. Fold remaining third of dough over the two layers.
8. Cut with sharp knife crosswise into strip about one inch wide.
9. Take hold of each end of strip and twist in opposite directions.
10. Seal ends firmly.
11. Place on greased baking sheet about  $1\frac{1}{2}$  inches apart.
12. Sprinkle tops of twists with remaining sugar and cinnamon mixture.
13. Cover with clean towel.
14. Let rise in warm place until nearly double in bulk.
15. Bake in hot oven at 425° F. about 20 minutes.

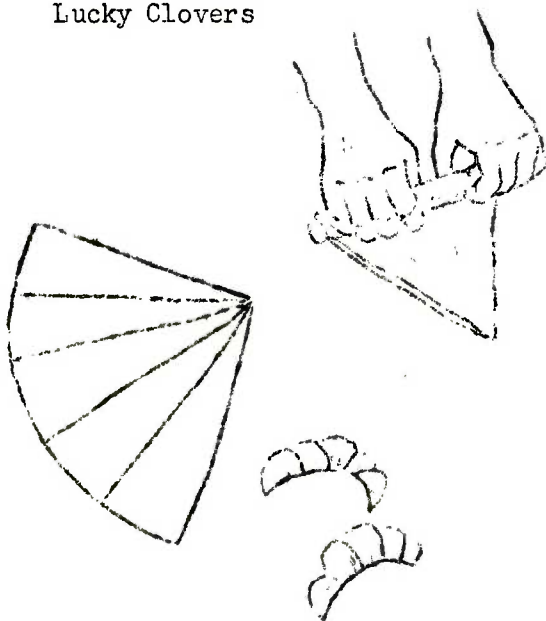




Lucky Clovers

### LUCKY CLOVERS

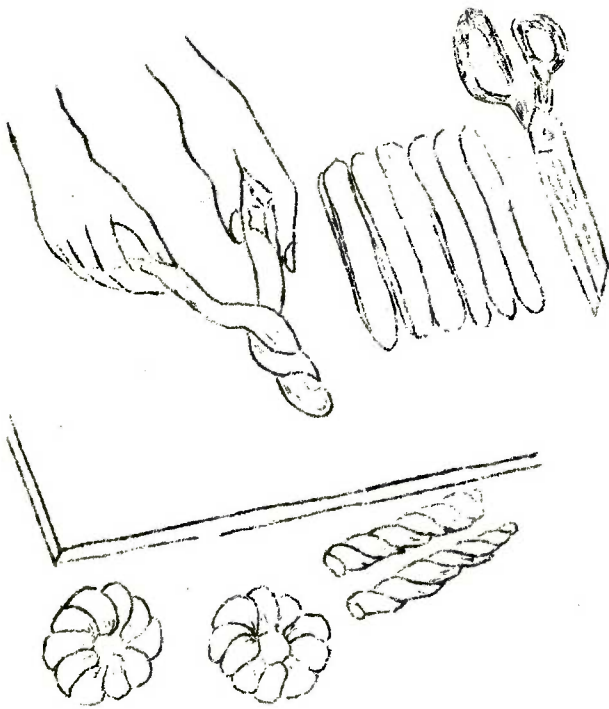
1. Form each piece into a smooth ball.
2. Place in greased muffin pans.
3. With scissors divide rolls in half, then in quarters, cutting almost through to bottom of rolls.
4. Brush lightly with melted fortified margarine or butter.
5. Cover with clean towel.
6. Let rise in warm place until doubled in bulk.
7. Bake in hot oven at 425° F. about 15 minutes.



Butterhorns

### CRESCENTS OR BUTTERHORNS

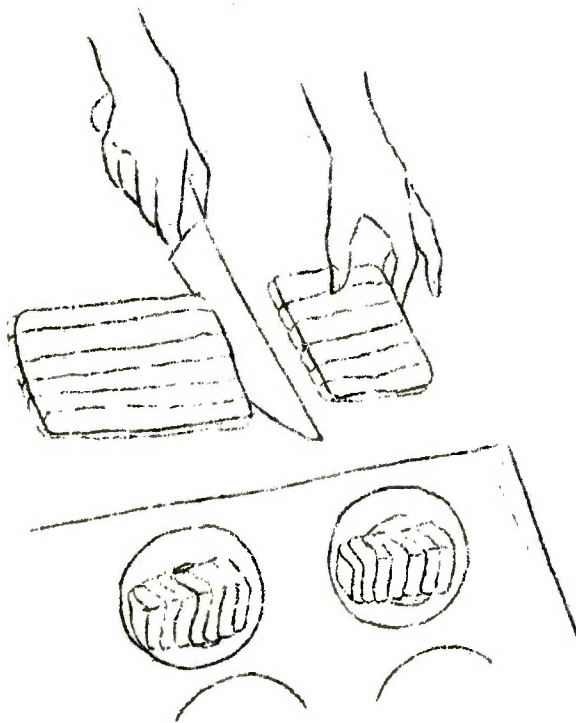
1. Roll out each piece of dough into a circle about  $9\frac{1}{2}$  inches in diameter and  $\frac{3}{4}$  inch thick.
2. Cut with sharp knife into 8 pie-shaped pieces. Brush lightly with melted margarine or butter.
3. Roll up, beginning at wide end and seal ends firmly.
4. Place on greased baking sheets about 2 inches apart. Curve in half circles.
5. Let rise in warm place until nearly doubled in bulk.
6. Bake in hot oven at 425° F. about 20 minutes.



Two-In-One Twists

### TWO-IN-ONE TWISTS

1. Roll dough into an oblong about 12 x 9 x  $\frac{1}{4}$  inches.
2. Brush lightly with melted margarine or butter.
3. Fold dough in half lengthwise.
4. Cut crosswise with sharp knife into strips  $\frac{3}{4}$  inches wide.
5. Take hold of each end of strip; twist in opposite directions.
6. Seal ends firmly.
7. Place on greased baking sheet two inches apart.
8. Form twists into circles or leave straight.
9. Cover with clean towel.
10. Let rise in warm place until nearly double in bulk.
11. Bake in hot oven at 425° F. about 15 minutes.



Fan Tans

### FAN TANS

1. Roll dough into an oblong about 17 x 10 $\frac{1}{2}$  x  $\frac{1}{8}$  inches.
2. Brush generously with melted margarine or butter.
3. Cut with sharp knife crosswise into strips  $1\frac{1}{2}$  inches wide.
4. Pile 7 strips together.
5. Cut crosswise into pieces  $1\frac{1}{2}$  inches wide.
6. Place out side up in greased muffin pan.
7. Cover with clean towel.
8. Let rise in warm place until nearly double in bulk.
9. Bake in moderate oven at 400° F. about 20 minutes.

Yield: About 2 dozen  
rolls

CRUSTY WATER ROLLS

Temperature: 450° F.  
Time: 20 minutes

1 package yeast  
1 cup lukewarm water  
1 tablespoon sugar  
1 teaspoon salt

2 tablespoons melted shortening  
2 egg whites, beaten  
4 cups flour (about)

Soften yeast in  $\frac{1}{4}$  cup water. To the remaining water add sugar, salt and shortening. Add 1 cup flour, beating well. Add softened yeast and egg whites. Mix thoroughly. Add enough more flour to make a soft dough. Knead until smooth and satiny (7 to 10 minutes). Shape into smooth ball and put into greased bowl. Grease surface lightly. Cover and let rise until doubled (about  $1\frac{1}{2}$  hours). Punch down. Let rise again until doubled (about 45 minutes). Knead down and divide into small portions  $2\frac{1}{2}$  inches apart on greased baking sheet. Cover and let rise until doubled (about 45 minutes). Bake in hot oven (450° F.) 20 minutes. Place large flat pan filled with boiling water on bottom of oven to give crustiness.

BREAD STICKS

1 cup scalded milk  
 $\frac{1}{4}$  cup butter  
 $1\frac{1}{2}$  tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt

1 yeast cake dissolved in  $\frac{1}{4}$  cup  
lukewarm water  
1 egg white, well beaten  
 $3\frac{1}{2}$  cups flour

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, egg white, and flour. Knead, let rise, shape, and put 1 inch apart on cookie sheet, or in bread-stick pans. Let rise again and start baking in hot oven (450° F.). After 5 minutes reduce heat to moderate (350° F.), so that sticks may be crisp and dry. To shape sticks, first shape into small biscuits, roll on board (where there is no flour) with hands until 8 inches long, keeping a uniform size and rounded ends, which may be done by bringing fingers close to, but not over, the ends of the sticks. This mixture may also be shaped and baked in any of the ways suggested for the Standard Roll Mixture.

Salad Sticks: Let rise and add salt to dough, allowing 2 teaspoons to each cup of dough. Shape in small sticks, let rise again, sprinkle with salt, and bake in slow oven (300° F.). If preferred glazed, brush over with egg yolk slightly beaten and diluted with  $\frac{1}{2}$  tablespoon cold water.

## HONEY NUT COFFEE CAKE

### Honey Nut Filling:

In a small saucepan, combine:

1 cup finely chopped nut meats	1 tablespoon orange juice
2 tablespoons butter	1 beaten egg
$\frac{1}{2}$ cup honey	Cook five minutes, stirring
1 tablespoon grated orange peel	constantly. Cool.

1. Roll dough out into a thin sheet about 18 x 35 inches.
2. Spread with cooled Honey Nut Filling and roll up the long way. Seal edge by pinching dough together.
3. Coil into a heavy, well-greased 10 inch skillet.
4. Let rise until almost double in bulk.
5. Bake in a moderately hot oven 400° F. about 40 minutes.
6. Take from pan and place on rack to cool. While still warm, spread with frosting made by combining  $\frac{1}{2}$  cup confectioners' sugar, one teaspoon grated orange peel, and orange juice.

## STANDARD FOR ROLLS

"The best rolls are gay deceivers....  
plump as pillows, yet light and  
billowy as summer clouds."

Virginia Roberts

### Exterior

Evenly shaped  
Evenly browned  
Light for size

### Interior

Tender  
Elastic crumb  
Free from dryness  
Free from doughiness  
Fine cells evenly distributed  
with thin cell walls  
Free from dark streaks

# Yeast Breads & Rolls



by  
Lucinda E. Hughes  
Home Demonstration Agent  
and

Elsie Morris  
Extension Nutritionist

## VII. NUTRITION

### B. Food Preservation

#### (a) Canning (continued)

produce was just becoming ready for use when the first freeze came. For these reasons, (1) late spring, (2) garden pests infestation, (3) early fall frosts, there has been a shortage of low cost fruits and vegetables for preservation.

Several homemakers have had difficulty this year with canned tomato spoilage. According to the homemakers, they used the same canning procedure and techniques this year as in the past but they had never had any such spoilage before. Upon investigation, the Agent discovered that the main reasons for spoilage were:

1. Improper canning methods
2. Climatic conditions.

The women interviewed all canned their tomatoes by the "open kettle" method leaving the "one inch head space" recommended for water bath and pressure canner methods of canning. Their method of canning was not a recommended method. The poor method of canning combined with the 1 inch of unsterile air in the top of the jar and the humidity prevalent in the County during July, August, and September made "fertile growing conditions" for the spoilage organisms. The time and effort involved in the preservation of these tomatoes and their subsequent spoilage convinced the women that in the future they must use recommended canning procedures.

#### (b) Freezing

Many requests for freezing material come to the Agent. Assistance was given through bulletins and through personal contact. Women in each community that have had valuable freezing experience are an invaluable source of knowledge to the local homemaker with freezing problems.

The cooperation of homemakers in the field of Home Freezing is most necessary. At the present time one homemaker is testing the pre-tenderizing of "known-to-be-tough meat" before it is packaged and put in the home freezer. She is using a meat-tenderizer salt applied to the meat just prior to packaging and freezing. Most cuts of meat take only about  $\frac{1}{2}$ -hour for tenderization under "fresh conditions". It is felt by both the Agent and the homemaker that even roasts should be tenderized before they become too cold for the biological action to cease. However, at this date no results can be reported.



### VIII. HEALTH AND SAFETY

Health is an integral part of the entire Home Demonstration Program. All phases of Homemaking (Nutrition, Clothing and Home Management) are important contributing factors to good or bad health.

This year, 1954, the Home Demonstration Program accomplished more in specific health work than had previously been the case. The demonstrations pertaining most primarily to health as set up by the 1953 Program Planning Committee were:

1. Better management of sickness and accidents in the home.
2. To better prepare ourselves for emergencies in the home and community.
3. To increase our efficiency for more happiness in the home.

Strides were made in the solution of these problems through:

1. Homemakers Meetings conducted by a Public Health Nurse on "Early recognition of Disease, and Simple Home Remedies."
2. Community-wide meetings in the Verde Valley on "Mental Health."
3. The Home Demonstration nutrition program.

The Home Demonstration Agent cooperated in all of these health programs by:

1. Arranging for and with the nurse to speak to homemakers groups.
2. Consulting with mental health organizational staff.
3. Notifying 4-H and adult health leaders of mental health meetings.
4. Endeavoring to get County-wide participation in the mental health program.
5. Conducting a good nutrition program on a County-wide basis.

#### A. Early Recognition of Disease and Simple Home Remedies

The lectures on early recognition of disease and simple home remedies were keyed by the Question, "How well did you observe your child this morning?" Mrs. Lonie Holley explained and demonstrated the various types of observation: a parent's, a teacher's, a nurse's, a doctor's. She explained to the homemakers that :

## VIII. HEALTH AND SAFETY

### A. Early Recognition of Disease and Simple Home Remedies (continued)

1. A parent observes his child as an individual without comparison to others. Parents observe children's eating standing, reading, skin, hair, etc.
2. A teacher observes a child in comparison to other children of the same age as to learning ability, physical and mental development.

Mrs. Holley also discussed the various communicable diseases such as measles, mumps, chicken pox, etc. She gave symptoms, treatment and most probable time of year for each disease as well as precautions. She emphasized that the majority of childhood diseases in themselves are not serious but that the after effects are sometimes bad if proper care of the child is not carried out. One of the most important factors in the care of the child with any disease, including the common cold, is to see that he receives proper rest and does not become overtired. Along with proper rest the nurse recommended:

1. A well balanced diet.
2. Increased fluid intake, and
3. Proper dress.

The Homemakers were very interested in the discussion of health and applied it to their entire family not just to their children. One of the most noteworthy comments often times made by the homemakers regarded the child too ill to attend school in the morning, being outside playing in the late afternoon and early evening. The nurse pointed out that such child care was no care at all. That a child naturally feels good after a day's rest but that his activities should be channeled to quiet, indoor recreation. He should not be allowed to become overtired or overheated.

### B. Mental Health

The mental health program in the Verde Valley and Sedona made a good beginning this year. The formal organization of the mental health program was accomplished in February and March. The first clinic was held in April and May. The Arizona Public Health Unit from Phoenix supplied the trained personnel. Public Health workers from both Yavapai and Coconino Counties cooperated. This year the emphasis was given to an explanation of the principles of Mental Health. Lectures were given by doctors, specialists in their particular field of mental health.

## VIII. HEALTH AND SAFETY

B. Mental Health (continued)

A determined effort is being made by the mental health leaders to erase the fear and shame attached to diseases of the mind. When people better understand that mental health can and should be treated the same as physical health, by a specialist, the home, community and nation will be 100% better off.

C. Chest X-Ray

Coconino County Homemakers assisted with the clerical work of the mobile unit chest x-ray when it was in their area. Since Arizona as a whole has such a high incidence of T.B., conscientious homemakers make every effort to see that their entire family is x-rayed annually.

D. Cancer

Members of the Homemakers' Clubs furnish volunteer workers for the cancer drive annually.

E. Crippled Children - Polio

This year, as in the past, the homemakers have contributed generously of their money, time and effort to the polio drive. One Club actively sponsored the March of Dimes dances in their communities. Other clubs gave money and/or cooperated in the drive for funds.

## IX. RECREATION AND COMMUNITY LIFE:

Homemakers discussing in the field of Home Management at the Program Planning meeting held this September, 1954, indicated that they are realizing the importance of family unit activity. As one of their 1955 goals was "Happiness through Family Unity," the homemakers recommended that various crafts and recreational hobbies be taught and encouraged for families as a whole.

Homemaker Clubs have some sort of recreation at each meeting. Types of recreation are:

1. Songs
2. Games
3. Auctions
4. Refreshments

The Agent has encouraged songs and games because of their group participation spirit.

Two County-wide recreational events were held this year. They were:

1. The recreation portion of the Bi-County Home Demonstration Planning Meeting. Songs were directed by Mrs. Nancy Smith of Sedona. Other recreational events were directed by the Bridgeport Homemakers, the hostess Club.

2. The Oak Creek-Verde Valley picnic sponsored again this year by the Sedona Homemakers. Good eats, games, and songs all played an important role in everyone having an excellent time. This is probably one of the few occasions where every homemaker enters into active recreation right along with her children. The reaction of all concerned was amusing and enlightening.

It is difficult to hold many County-wide social events, because of the distances involved. The values of social events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus makes it easier for them to work and plan together.
2. They foster community pride in the Community etcetera accomplishments.
3. They make possible an exchange of ideas by homemakers.

## X. EXTENSION INFORMATION

### A. Newspapers

The Agent does not have a news column. However, any articles and/or news releases given by this Agent to the paper in the County are accepted and published. Use is made of the special Home Economics news releases sent to the Agent from the State Office. All that are applicable to this area are published. Meetings and results of meetings are also published in the daily and weekly paper.

### B. Bulletins and Mimeographs

The mimeograph bulletin on "Yeast Breads and Rolls" proved so popular that a new run of 500 copies was made; 250 copies for Yavapai County and 250 copies for Coconino County.

A bulletin on High Altitude Cakes is in the process of being compiled and written by the Agent. Testing for these recipes has already been completed. There is a tremendous need for this bulletin. The Agent hopes to get the rough draft of this bulletin to the Information Specialist in the near future.

Mimeograph material written by the Specialists was mimeographed as needed in the County Office. In most cases Yavapai and Coconino County material was prepared in each County on an alternate basis. This is an effort on the part of the Agent to cut down on the cost and work of reproducing needed material.

### C. Photographic

The Agent took and used about 50 colored slides this year. Primarily, the pictures taken were of 4-H activities.

### D. Visual Aids

Movies, colored slides, flannel graphs and other types of visual aids were used extensively by the Agent

### E. Radio

Radio broadcasts were given on the County Fair, 4-H events, other events of general interest. As often as possible, the Agent assisted with the County Agent's broadcast when she was in the County.

## XI. MISCELLANEOUS

### A. County Fair

This year saw the resumption of the Coconino County Fair. The Agent met with the Superintendent of the Women's Department, Mrs. Cora Little to plan the Home Economics Department. 100 women exhibited an average of 2.3 items per person. Because of lack of planning on the part of the Fair Commission, the Home Economic Section exhibit space was very unsatisfactory this year. The entire Fair was held in tents. The tents leaked and were very cold. The Agent does not feel that tent exhibit space for household arts will ever be satisfactory in Coconino County. Canned and baked foods and Agricultural Exhibits were not noticeably affected by the weather.

Score cards for all Home Economic Exhibits were included in the Fair book. This gives exhibitors an opportunity to learn how their exhibits are judged.

One Homemakers Club, Sedona, had a community booth this year.

### B. Out of County Fairs

The Agent attended and judged the foods exhibits at the Navajo and Greenlee County Fairs.

As a general rule all the foods exhibited were of high quality. Women are still having difficulty with the "Standard Jar" clause in most County and State Fairs Books. A state-wide campaign to counteract wartime (1941-47) publicity about satisfactory canning jars should undoubtedly be conducted. This campaign should explain:

1. What is a standard jar
2. Why use a standard jar
3. Disadvantages of non-standard jars for canning



## XII. OUTLOOK AND RECOMMENDATIONS

The outlook for the Home Demonstration Program in Coconino County for 1955 is good. Participation in the Home Demonstration program in the Sedona and East Flagstaff is good. These clubs are influential in their areas. It is hoped that through a good county program that these groups will continue to function as an important local and County voice.

It seems impossible to organize either Homemakers Clubs or 4-H Clubs which are successful in either the Parks or Williams area. The leadership in both instances is poor.

The Indian Service of Tuba City and the Navajo Ordnance Depot has functioned this year as a part of the County-wide Home Demonstration Program. Their participation is in the form of leaders attending all Leaders Training Meetings. However, unless there is a trained Home Demonstration Agent in their area to furnish transportation, encouragement and, in many cases supplies, it is doubtful if they will continue this participation. To date the Agent has done very little personal contact type of work with the Indians. Even 4-H Club Work does not seem to be satisfactory unless there is a Home Demonstration Agent to, in most cases, be their actual leader.